

SOCCER PRACTICE GAMES

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3. "Driving School" * * * * (U-10 & younger)

Comment:	This is a great game & teaches many basic skills. Easy set-up & everyone has a ball.
Teaches:	Control dribbling, using bottom of foot to stop, pullbacks, using outside of right foot & left foot.
Set-up:	Use disk cones to outline a 20-yard x 20-yard "field". (Smaller or larger, depending on age & numbers of players, but not too small or they will collide. Better for this game to be on the larger size at first).
The Game:	<ul style="list-style-type: none">• "This is Driving School & I'm your Instructor. I'm going to teach you how to drive but you must listen carefully & do exactly what I say."• Each player has a ball & must stay inside the cones.• Coach uses a ball to demonstrate what each of the instructions means:<ol style="list-style-type: none">a. "Go" - Start dribbling ("Keep the ball near your feet & look up while you dribble so you don't run into someone").b. "Stop" - Put foot on top of ball to stop itc. "Slow" - Dribble slowd. "Speed Up" - Dribble faster but keep looking up & don't "wreck".e. "Turn right" - Use the outside of the right foot to push the ball to the right & then dribble in that direction. (This teaches them to stop & turn the ball using the outside of the foot). Be sure they know which is the right foot.f. "Turn left" - Use the outside of the left foot to push the ball to the left & then dribble in that direction. (If U-6 get confused about which is right & left, it's okay. Don't stop the game).g. "Pull back & go the other way" - Use the bottom of foot to pull the ball back (i.e., flick it backward) & then turn around & go the other way.h. For U-10 & up, include "Steparound" when the ball is stopped or going slow. (See "Steparound" game for how to do it).• Tell them to be careful & not have a "wreck". As they dribble

	intentionally have a wreck or have too many wrecks, they may have to go to Jail (i.e., make them go outside the cones & dribble a lap around the outside of the cone field to practice dribbling; tell them to look up while they dribble this lap & go slow & keep the ball close to their feet).
Time:	<ul style="list-style-type: none"> Do this for 2 minutes & then evaluate & give any driving "tips" needed. Then continue the class for 2 or 3 more minutes & then stop, give "tips" & encouragement (tell them they are really improving & they can all become great drivers), & then another round of 2 - 5 minutes.
At The End:	<ul style="list-style-type: none"> Tell everyone they did great & if they keep coming to class they will become a good driver.

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